SONY

4-152-336-**41**(1)

Operating Instructions
使用说明书

# Stereo Headphones
# 立体声耳机

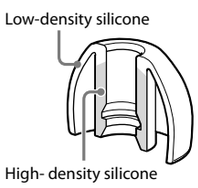
MDR-EX57SL

©2009 Sony Corporation
索尼公司

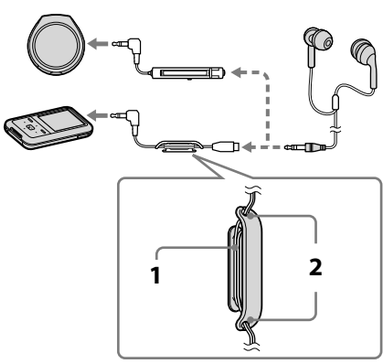
Printed in Thailand
泰国印刷

## A

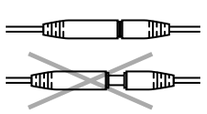
**Cross-section of earbud**



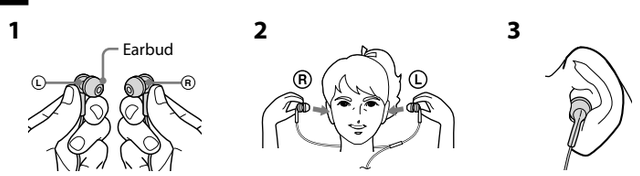

## B



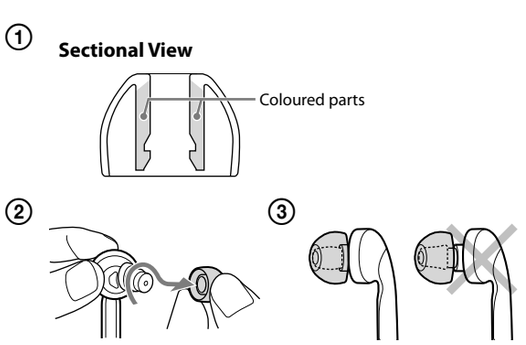

## C



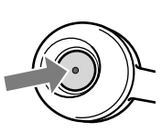
## D




## E




## F



# English

## Stereo headphones

## Features

- Slim housing for a comfortable fit
- 400kJ/m³ high power neodymium magnets produce high-resolution treble and midrange with powerful bass
- Angled earbud structure for stable and comfortable wearing
- Convenient cord adjuster supplied
- Hybrid silicone rubber earbuds (S, M, L) supplied for secure fitting and long-term wearing comfort (see fig. A)
- Handy carrying pouch supplied

## How to use

### How to use the supplied cord adjuster (see fig. B)

You can adjust the cord length by winding the cord on the cord adjuster.
(The cord can be wound to the cord adjuster up to 50 cm. If you wind more, the cord comes off from the cord adjuster easily.)

**1 Wind the cord.**
**2 Push cord into slot hole to secure in place.**

**Note**
Do not wind the plug or split section of the cord, as it will strain the cord and may cause a wire break.

### How to use the extension cord (see fig. C)

Insert the stereo mini plug fully into the jack until you hear a click.

### Wearing the headphones (see fig. D)

**1 Determine right and left headphone and hold them as in the illustration.**
**2 Fit the headphones into your ears snugly, as in the illustration.**
**3 Adjust the earbud to fit snugly in your ear.**

### How to install the earbuds correctly (see fig. E)

If the earbuds do not fit your ears correctly, low-bass sound may not be heard. To enjoy better sound quality, change the earbuds to another size, or adjust the earbuds position to sit on your ears comfortably and fit your ears snugly.
If the earbuds do not fit your ears, try another size. Confirm the size of the earbuds by checking color inside (see fig. E-①).
When you change the earbuds, turn to install them firmly on the headphones to prevent the earbud from detaching and remaining in your ear.

**Earbud sizes (inside color)**

Small ← → Large

| S (Orange) | M (Green) | L (Light blue) |
|---|---|---|

**To detach an earbud (see fig. E-②)**
While holding the headphone, twist and pull the earbud off.

**Tip**
If the earbud slips and cannot be detached, wrap it in a dry soft cloth.

**To attach an earbud (see fig. E-③)**
Push the parts inside of the earbud into the headphone until the projecting part of the headphone is fully covered.

**Cleaning the earbuds**
Remove the earbuds from the headphones, and wash them with a mild detergent solution.

## Specifications

**Type:** Closed, dynamic
**Driver unit:** 9 mm, dome type (CCAW)
**Power handling capacity:**
100 mW (IEC*)
**Impedance:** 16 Ω at 1 kHz
**Sensitivity:** 100 dB/mW
**Frequency response:**
6 – 23,000 Hz
**Cord:** 0.6 m, OFC litz cord neck-chain
**Mass:** Approx. 3 g

**Supplied accessories**
Earbuds (S × 2, M × 2, L × 2)
Carrying pouch (1)
Cord adjuster (1)
Extension cord (90 cm, Gold plated stereo mini jack ⟷ Gold-plated L-type stereo mini plug) (1)

* IEC = International Electrotechnical Commission

Design and specifications are subject to change without notice.

## Precautions

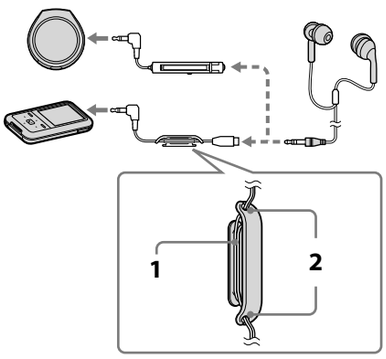
- Please keep your headphones clean at all times especially inside the rubber earbud. (see fig. F)
  If any dust or ear wax inside the earbud, you may experience some listening difficulties.
- During dry weather, you may experience mild pain in your ears. This is not by malfunction of the headphones, but is due to static electricity accumulated in your body. It is reduced by wearing clothes made of natural materials that do not generate static electricity so easily.
- Listening with headphones at high volume may affect your hearing. For traffic safety, do not use while driving or cycling.
- The earbuds may deteriorate due to long-term storage or use.

Optional replacement earbuds can be ordered from your nearest Sony dealer.

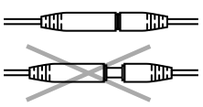
A

耳塞横截面

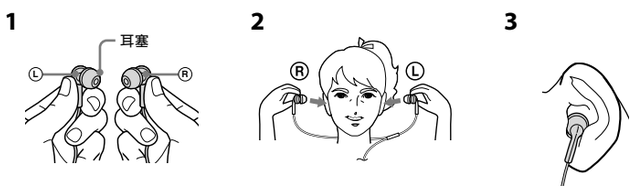
B



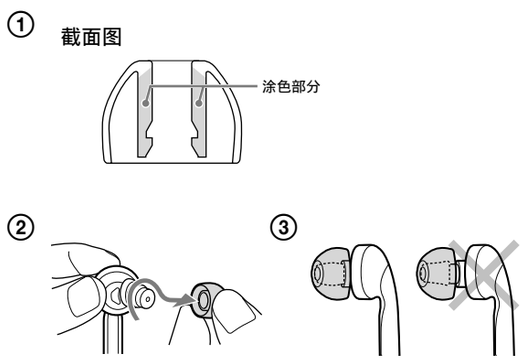

C



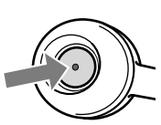
D




E




F



# 简体中文

## 立体声耳机

操作本机之前，请仔细阅读本手册并妥善保管以备将来参考。

## 特点

- 外壳小巧、佩戴舒适
- 400kJ/m³ 高磁力钕磁可呈现高分辨率高音、中音和强劲低音
- 带角度的耳塞结构佩戴稳定而舒适
- 附带使用方便的导线长度调节器
- 附送的混合硅胶耳塞（S、M、L）贴合牢固且长时间佩戴也不会感到不适（见图 A）
- 附送便携袋

## 如何使用

### 如何使用附带的导线长度调节器（见图 B）

您可通过将导线卷绕到导线长度调节器来调节导线长度。
（导线最多可绕到导线长度调节器上达 50 cm。如果在达到最大长度下继续卷绕，则导线会很容易从导线长度调节器中滑出。）

**1** 卷绕导线。

**2** 将导线推入槽孔以固定到位。

**注**
请勿卷绕插头或导线的分叉部分，否则可能会拉伤导线并造成线芯断裂。

### 如何使用延长线（见图 C）

将立体声迷你插头完全插入插孔，并听见咔哒声。

### 佩戴耳机（见图 D）

**1** 确定左右耳机，并如图所示拿着。

**2** 如图所示，将耳机舒适地塞入您的耳朵。

**3** 调整耳塞使其舒适地贴合您的耳朵。

### 如何正确安装耳塞（见图 E）

如果耳塞不适合您的耳型，您便可能无法听到重低音。为了享受更佳音质，请更换耳塞尺寸，或调整耳塞的位置以舒适贴合您的耳朵。
如果耳塞与您的耳形不匹配，请尝试其它尺寸的耳塞。通过查看内部的颜色来确认耳塞尺寸（见图 E-①）。
当您更换耳塞时，请将其牢固地安装在耳机上以防止耳塞脱落在您的耳朵内。

### 耳塞尺寸（内部颜色）

小 ← → 大

| S | M | L |
|---|---|---|
| （橙色） | （绿色） | （浅蓝色） |

### 拆下耳塞（见图 E-②）

握住耳机，然后扭转拉出耳塞。

**提示**
如果耳塞较滑无法拆下，请用柔软干布将其包住。

### 装上耳塞（见图 E-③）

将耳塞的内部推入耳机，直到耳机的突出部分被完全包住。

### 清洁耳塞

从耳机上拆下耳塞，用中性清洁剂清洗。

## 规格

**类型：** 封闭式，动态
**驱动单元：** 9 mm，圆顶型（CCAW）
**功率处理容量：** 100 mW(IEC*)
**阻抗：** 1 kHz 时 16 Ω
**灵敏度：** 100 dB/mW
**频率响应：** 6 - 23000 Hz
**导线：** 0.6m，OFC 颈链式绞合线
**质量：** 约 3 g

**附件**
耳塞（S × 2，M × 2，L × 2）
便携袋（1）
导线长度调节器（1）
延长线（90 cm，镀金立体声迷你插孔 ⟷ 镀金 L 形立体声迷你插头）（1）
* IEC = 国际电工委员会
设计和规格如有变更，恕不另行通知。

## 注意事项

- 请始终保持耳机清洁，尤其是橡胶耳塞内部（见图 F）。
  如果灰尘或耳垢进入耳塞，聆听效果可能不佳。
- 天气干燥时，您的耳朵可能会出现轻微疼痛。这并非耳机故障所造成的，而是由于您的身体积累静电所致。如果您穿着的衣物是由不易产生静电的天然材料制成，就可减少这种情况。
- 戴着耳机以高音量收听可能会影响您的听力。为了交通安全，请勿在驾车或骑车时使用。
- 耳塞可能会由于长期存放或使用而老化。

| 您最近的 Sony 代理商能提供选配的替换耳塞。 |
|---|

**制造商：** 索尼公司
**地址：** 日本国东京都港区港南 1-7-1
**总经销商：** 索尼（中国）有限公司
**地址：** 中国北京市朝阳区东三环北路霞光里 18 号佳程大厦 A 座 25 层
**原产地：** 泰国
**出版日期：** 2009 年 7 月

**产品中有毒有害物质或元素的名称及含量** （○：不含有，×：含有）

| 部件名称 | 有毒有害物质或元素 | | | | | |
|---|---|---|---|---|---|---|
| | 铅（Pb） | 汞（Hg） | 镉（Cd） | 六价铬（Cr（VI）） | 多溴联苯（PBB） | 多溴二苯醚（PBDE） |
| 外壳 | × | ○ | ○ | ○ | ○ | ○ |
| 附件 | × | ○ | ○ | ○ | ○ | ○ |

○：表示该有毒有害物质在该部件所有均质材料中的含量均在 SJ/T11363-2006 标准规定的限量要求以下。
×：表示该有毒有害物质至少在该部件的某一均质材料中的含量超出 SJ/T11363-2006 标准规定的限量要求。